

I claim:

1           1.       A temporal synchronization device for a plurality of individuals, the device comprising  
2       an electronic, preprogrammed device which produces and broadcasts a signal, thereby cueing the user to  
3       engage in a predetermined, contemplative activity.

1           2.       The temporal synchronization device of claim 1 further comprising a strap portion  
2       adapted to be place on a user's wrist.

1           3.       The temporal synchronization device of claim 1 coupled to a wristwatch.

1           4.       The temporal synchronization device of claim 1 coupled to a personal digital assistant.

1           5.       The temporal synchronization device of claim 1 coupled to a portable telephone.

1           6.       The temporal synchronization device of claim 1 coupled to a cell phone.

1           7.       The temporal synchronization device of claim 1 adapted to cue a meditative,  
2       contemplative activity including prayer, other physical movement, dance, yoga, martial arts and song.

1           8.       The temporal synchronization device of claim 1 further comprising means to produce  
2       and broadcast sound in said devices and a means to synchronize the broadcasting of said sound.

1           9.       The temporal synchronization device of claim 1 further comprising means to produce  
      images in said devices and a means to synchronize the display of said images.

1           10.       A method for temporal synchronization of a plurality of individuals engaged in  
2       contemplative or physical activity, the method comprising the steps of obtaining an electronic,  
3       preprogrammed device which produces and broadcasts a signal, and cueing the user to engage in a  
4       predetermined, contemplative or physical activity.

1           11.       The method for temporal synchronization of claim 10 further comprising the step of  
2       placing the device on a user's wrist using a wrist strap portion.

1           12.       The method for temporal synchronization of claim 10 including the step of coupling the  
2       device to a personal digital assistant.

1           13.       The method for temporal synchronization of claim 10 including the step of coupling the  
2       device to a portable telephone.

1           14.       The method for temporal synchronization of claim 10 including the step of coupling the  
2       device to a cell phone.

1           15.       The method for temporal synchronization of claim 10 further including the step of  
2       cueing a meditative, contemplative activity including prayer, other physical movement, dance, yoga and  
3       martial arts.

1           16.       The method for temporal synchronization of claim 10 further comprising the step of  
2       producing and broadcasting sound in said devices and synchronizing the broadcasting of said sound.

1           17.       The method for temporal synchronization of claim 10 further comprising the step of  
2       producing images for display in said devices and synchronizing the display of said images.

1           18.       A contemplative and meditative information distribution system comprising: an  
2       information broadcasting terminal operated by a particular source of contemplative and meditative  
3       information for broadcasting cues for engaging in contemplative and meditative activities; means for  
4       receiving the broadcast cues; and means for communicating the broadcast cue to a user.

1           19.       The contemplative and meditative information distribution system of claim 18 wherein  
2       the means for receiving the broadcast cues is a wrist-mounted receiver and the means for communicating  
3       the broadcast cue to a user comprises a graphical user interface on the wrist-mounted receiver.

1           20.       A method for treatment of a group of patients each having psychological and psycho-  
2       social disorders, the method for treatment based on cued repetitive practice of prescribed activities, the  
3       method comprising the following steps:

4               establishing a network for broadcasting activity cueing signals to a plurality of remote  
5       synchronization devices; and

6               providing a group of patients each with a temporal synchronization device, thereby inducing  
7       temporal synchronization of the cued repetitive practice of prescribed activities within the group of  
8       patients.

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1           21       The method of claim 20 wherein the synchronization devices are imbedded any one of  
2       the electronic devices within the group consisting of wristwatches, clocks, 2-way communication  
3       devices, cellular and mobile telephones, networked computer devices including computers, home  
4       entertainment processors, televisions and radios, information management tools, PDAs, and a dedicated  
5       temporal synchronization cueing appliance.

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